


Monday		Tuesday		Wednesday		Thursday		Friday	
				1		2		3	
				Beef Burgundy Garlic Mashed Potatoes Root Vegetables Multigrain Bread Vanilla Pudding w/Topping  <b>Calories 646 Sodium 679</b>	104 33 34 150 220	Tuscan Soup Swedish Chicken Meatballs Egg Noodles Brussels Sprouts Wheat Bread Mixed Fruit  <b>Calories 685 Sodium 513</b>	257 269 4 17 65 3	White Bean and Spinach Stew Carrots Whole Wheat Dinner Roll Fresh Fruit  <b>Calories 553 Sodium 878</b>	465 77 180 1
6		7		8		9		10	
Old Neighborhood Hot Dog Baked Beans Root Vegetables Hot dog roll Peaches Relish  <b>High Sodium Meal Calories 781 Sodium 1418</b>	540 390 34 210 8 81	Cream of Mushroom Soup Chicken Souvlaki Seasoned Orzo Spring summer blend veg Wheat Bread Brownie	196 456 32 68 65 132	Stuffed Shells Tomato sauce Roman Blend Vegetables Garlic Dinner Roll Fresh Fruit	228 354 33 134 1	Meatloaf w/ Gravy Cheddar Mashed Potatoes Peas & Carrots Wheat Dinner Roll Chocolate Chip Cookie	168 234 82 180 60	Macaroni & Cheese Zucchini & Tomatoes Wheat Bread Mandarin Oranges  <b>Calories 881 Sodium 986</b>	694 64 65 7
13		14		15		16		17	
Lentil Stew Shredded mozz cheese Italian Roasted White potatoes Cauliflower/ broccoli mix Wheat Dinner Roll Choc Chip Cookie  <b>Calories 802 Sodium 633</b>	58 160 6 14 180 60	Chicken Stir Fry Fried Rice Wheat Bread Fresh Fruit	460 262 65 1	Spinach & Red Pepper Frittata Red Bliss Potatoes Brussels Sprouts Oat Bread Yogurt	300 24 17 115 75	Mixed Bean w/Chicken Soup Pollock w/Dijon Wine Sauce Cous Cous Peas and Pearl Onions Wheat Bread Pears	204 370 24 76 65 5	Roast Turkey w/ Gravy Sage Bread Stuffing Whipped Butternut Squash Wheat Bread Apple Slices w/cinnamon  <b>Calories 606 Sodium 1020</b>	616 141 32 65 11
20		21 <b>High Sodium Meal</b>		22 <b>Spring Special</b>		23		24	
<b>Holiday No Meals</b>		Potato Leek Soup BBQ Pulled Pork Baked Beans California Blend Veg Hamburger Bun Peaches  <b>Calories 852 Sodium 1369</b>	76 442 390 30 212 8	Broccoli & Cheese Stuffed Chicken Sour Cream & Chive Mashed Spring veg blend Dinner Roll Carrot Cake w/Cream cheese icing  <b>Calories 905 Sodium 1082</b>	410 48 68 180 221	Black Bean & Barley Chili Fiesta Blend Veg Wheat Dinner Roll Fresh Fruit	665 24 180 1	Salisbury Steak w/ Mushroom Gravy Garlic Mashed Potatoes Root Vegetables Wheat Bread Chocolate Pudding w/Topping  <b>Calories 840 Sodium 710</b>	116 135 33 34 65 190
27		28		29		30			
Chicken Meatball Sub Provolone Cheese Italian Roasted White Potatoes Italian Blend Vegetables Sub Roll Tropical Fruit  <b>Calories 800 Sodium 961</b>	446 116 6 19 218 3	Broccoli & Mushroom Frittata O'Brien Potatoes Stewed Tomatoes Wheat Bread Mandarin Oranges	363 39 251 65 7	Potato Pollock, lemon wedge Root Vegetables Roman Blend Veg Wheat Dinner Roll Vanilla Pudding w/Topping  <b>Calories 815 Sodium 958</b>	337 34 33 180 220	Minestrone Soup Pot Roast w/Gravy Mashed Potatoes Peas & Carrots Wheat Bread Cupcake  <b>Calories 940 Sodium 1041</b>	261 131 121 82 65 170		

To cancel your meal please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303

Menu Subject to change. Totals Include 110mg sodium for milk and 30 mg sodium for Margarine. Individual Sodium amount listed.